



# THE Outlook

June 3, 2003

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## Humanitarian aid supplies ease health problems in Kirkuk

### Story and photos

By Sgt. 1st Class Todd Oliver  
SETAF Public Affairs

More than 71,000 pounds of medical relief supplies landed at Kirkuk Military Airfield in Iraq recently as part of a joint effort between the soldiers of the 173d Airborne Brigade and the humanitarian organization, AmeriCare.

Another 35,000 pounds of relief supplies had arrived earlier in the city by truck according to AmeriCare Humanitarian Programs director, Aimee Gilbert.

"AmeriCare did an assessment in conjunction with the local authorities of what was needed and what would best benefit Kirkuk," said 1st Lt. John Evans, 404th Civil Affairs Battalion, attached to the 173d Abn Bde. "They came up with a list of 71,000 pounds of supplies, antibiotics, aspirin, Tylenol®, etc. They came to our office last week and, together, we coordinated the flight."

"The situation here is quickly turning into one of chronic needs—of infrastructure support. They [the Iraqi health care system] have stores of medicine here but the doctors tell us it's only enough to last for the next two to four weeks. These new supplies should



173d Airborne Brigade soldiers help unload a relief flight from AmeriCare on Kirkuk Military Airfield, Iraq. The flight contained 71,000 pounds of medical supplies and relief items and is only the second such flight into the country since the war began.

help alleviate that resource gap until their system is back in place," Gilbert said.

"We're hoping to avoid a bad news story here," she continued. "We spoke to the

doctors and they told us what supplies were most depleted and was most needed."

Getting the supplies flown into Kirkuk is a major accomplishment, according to both

Lt. John Col. Scott, 173d Civil Affairs medical liaison officer and Gilbert. Besides United Nations relief efforts, the flight that landed here is one of only two such flights of its kind to land in Iraq since the war. The other flight, according to Gilbert, landed in Baghdad a week ago.

"AmeriCare has been pushing to bring relief flights into Kirkuk for some time," said Scott. "But because of security concerns, we had to say no. We are finally able to do so."

"It took some effort, on AmeriCare's part, to get the clearance through our central command to get this flight in. Right now, there is no established program to bring these flights in. Each flight requires very detailed clearance, especially those carrying medical supplies," he explained pointing to a large stack of inventory sheets listing the plane's contents.

"It's quite complicated to make something like this happen," Scott said.

"This isn't like other relief operations that we've done," Gilbert said. "At first we expected a refugee population at the Turkish border. We were expecting that and were sending supplies to that region. That never materialized. Now we're focused on moving them down here."

## Battle company soldiers receive purple hearts

### Story and photos

By Sgt. 1st Class Todd Oliver  
SETAF Public Affairs

Two soldiers assigned to Battle Company, 2d Battalion, 503d Infantry (Airborne) were awarded purple hearts by U.S. Army Europe Commander Gen. B.B. Bell last week after being injured in a grenade attack early this month.

The injured soldiers are Pfc. Aaron J. Cady and Pfc. Christopher G. Taffoya. Pvt. Jeramia L. Minor was also injured in the attack, but was treated and released back to his unit in Kirkuk. Cady and Taffoya were both flown to Germany to receive additional treatment.

It is unclear if the incident was a direct attack or the result of a child playing with a grenade. The incident is still under investigation.

"When we got there, the soldiers were already loaded up in the back of a cargo HMMWV," said Sgt. Michael Sparks, a medic assigned to Bravo Company, 1st Battalion, 508th Infantry (Airborne). "My platoon medic, Pfc. Daniel Kucerak, already had them bandaged, inserted IVs and gave one morphine for the pain."

"Taffoya wasn't complaining about the pain at all," Sparks said. "I think his adrenaline was

still pumping. Cady was by far the worst — he had shrapnel in both his legs and feet."

"We just reassured them," 1st Sgt. Richard Weik, Battle Company first sergeant, said. "They both kept sounding off with, 'Battle hard, first sergeant, Battle hard' (the Battle Company motto). Minor couldn't hear — it was kind of funny 'cause every time we'd ask him something all he'd say was, 'What?'"

"It's unbelievable how quickly we reacted. The incident probably happened two miles from our safe house, and we got back in less than five minutes," Weik said. "When we arrived, everyone started applying first aid and scouring the area."

"I cannot say enough about my medics. This is something you can't train for. Most of the time they're fixing blisters and pulling out splinters. I couldn't be more proud of any of my soldiers."

"You could tell those soldiers knew they were being taken care of," Weik said. "Their morale was high. Even after the surgery, when they were both still groggy, they said the same thing, 'Battle hard, first sergeant, Battle hard.'"

Later, in the Forward Surgical Team's area, the soldiers received additional medical treatment.

"They were covered in blood, so naturally

they were scared," said Maj. John Devine, a surgeon assigned to the 250th Forward Surgical Team, 62d Medical Group, based out of Fort Lewis, Wash. "My patient [Cady] was worried he was going to lose his finger. When someone is injured like that, they can't see how bad it is because they're covered in blood and dirt."

Describing the soldiers' wounds, Devine explained that neither had suffered life-threatening injuries. Cady had suffered the injury to his index finger on his left hand and a bullet that had entered his right side.

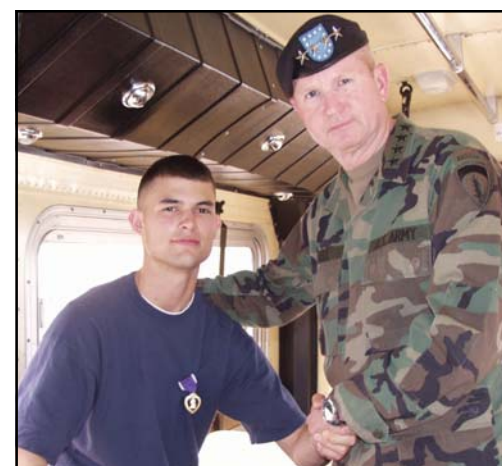
Lt. Col Robert Rush, a surgeon with the 250th FST, operated on Taffoya, who suffered five shrapnel wounds to his right lower leg and another two to his left lower leg.

"Wounds like that can bother a person later on," Rush explained. "Often, additional surgeries are needed to get all the shrapnel out. Our main concern here was to remove the obvious pieces and to irrigate the wounds in order to prevent infection."

Both soldiers were evacuated from Kirkuk Military Airfield to Kuwait and then on to Landstuhl where they will soon board a plane for Vicenza.



Both soldiers shake hands with Gen. B.B. Bell, U.S. Army Europe Commander after receiving their Purple Hearts.





## Toll-free Italy-wide emergency number

The Provost Marshal now has an Italy-wide number for emergency contact to the MP station on Caserma Ederle. The number is 800-064-077. The call is free from cell phones and land lines.

## Students authorized storage in U.S.

**Civilian Human Resource Management Agency**  
Press Release

Effective March 23, 2003, student family members of appropriated fund and non-appropriated fund civilian government employees are now authorized storage near their school in the United States.

This new entitlement applies to family members who are authorized government-paid student travel for attendance at a college or university

in the United States.

Students are now allowed to store up to 350 pounds of unaccompanied baggage at a commercial storage location, rather than transporting items to and from Europe on each annual trip.

This entitlement mirrors the regulation that applies to family members of active duty military members.

Visit the CHRMA website at [www.chrma.hqusaer.army.mil](http://www.chrma.hqusaer.army.mil) for more information on the new regulation, or contact Christiana Hudson, DSN 375-2537.

## The Outlook publication guidelines

**By Diana Bahr**  
Outlook Editor

Do you want to publicize an event or organization in *The Outlook*? Looking for a copy of a photo from a past issue?

If the answer is yes to either of these questions, contact *The Outlook* at 634-7000 or via e-mail at [editor@setaf.army.mil](mailto:editor@setaf.army.mil)

**Articles:** Deadline to submit information for publication in *The Outlook* is noon Wednesday for the following week's edition, which is inserted in Stars & Stripes on Tuesdays.

Example: The deadline for June 10th newspaper is June 4th at noon.

If you are publicizing an organizational event it will normally appear in the *Briefs* section.

We will attempt to run the brief for two week before your event, depending on the number of submissions and the space available.

**Photos:** The staff of *The*

*Outlook* uses digital cameras, and when we are done with the photos from a story, we erase them from the disk. We do not archive all photos from events covered, only the photos that appear in *The Outlook*.

If you see a reporter at an event and would like copies of photos from the event – contact *The Outlook* editor at 634-7000 or via e-mail at [editor@setaf.army.mil](mailto:editor@setaf.army.mil) as soon as possible and request the photos. If we still have them, we can e-mail them to you.

**Story ideas:** *The Outlook* has a very small staff. Although we would like to cover every event on post, sometimes we are not able to due to scheduling conflicts.

If you would like *The Outlook* to cover an event, contact the editor as soon as possible. If we cannot attend your event, the editor can provide you with some guidelines so you can submit a story and photos on your own for publication.

## Vicenza students posters reflect on being judge for a day



Students from Vicenza Elementary School pose with their award-winning Law Day posters, medals and certificates. The SETAF Staff Judge Advocate's Office sponsored the contest. The students participated in the contest, "If I were Judge for a Day," which was part the OSJA's Law Day celebrations held May 1st. (Photo by Spc. Adrian Schulte, Outlook staff)

## Along with summer heat come safety hazards

**Headquarters U.S. Army Europe**  
Press Release

The "101 Days of Summer" is historically a hazardous time for the Armed Forces in Europe, according to the USAREUR Safety Office. Increased vehicle travel, hot weather, and summer recreational activities all contribute to an increased exposure to hazards. The single most common safety hazard during the summer is vehicle accidents, according to Robert Braun, USAREUR safety director.

More than 40 percent of all driving fatalities and almost 75 percent of all driving accidents

occur between May and September, according to Mike Willoughby of the Installation Management Agency, Europe, Safety Office. Military members should be aware of driving dangers like highway construction sites, where the speed, as he put it, goes from "light speed to a crawl."

Driving on secondary roads is also a unique challenge with narrow lanes, passing vehicles and life-threatening obstructions just beyond the edge of the road.

Braun also reports that the long, hot days of summer are also the prime time for heat injuries. He said more daylight hours tempt personnel and units into increasing

their operational tempo and working longer hours, factors that can catch people unaware, unprepared and lead to heat injuries.

Also, never leave children or pets in cars with the windows rolled up or slightly cracked, because in just a few minutes, can lead to serious illness and even death.

The 22d Area Support Group recently distributed Community Policy Letter #01-19 regarding authorized swimming areas and facilities. This was reprinted in the May 27th issue of *The Outlook*.

For more information on summer safety, contact James Adams, SETAF 22d ASG safety manager at 634-7045 or 8109.

## Update on beef items removed from commissary shelves

**Defense Commissary Agency European Region**  
News Release

The U.S. Department of Agriculture, late last week, further clarified its ban on importation of Canadian beef products to include only those items produced after May 20.

Defense Commissary Agency, Europe has imposed internal controls to prevent products produced on or after this date from reaching our stores. Additionally, the

six items identified as containing Canadian beef, which were pulled from European commissary shelves based on the Department of Agriculture's original order, will be returned to normal stock.

These items may be purchased with confidence, because all bear production dates prior to May 20. The affected items are:

Pro Veal Cordon Blue, 20 oz. package, UPC #621960 60012  
Pro Veal Cordon Dianne, 20 oz. package, UPC # 621960 60010  
Boston Market 16 oz. Chicken

Pot Pie, UPC# 071984 04520 (contains gelatin)

Tei Pan Beef and Broccoli, UPC#70077 00111

Ragu Rich and Meaty Sausage, Pepper, and Onion Spaghetti Sauce, UPC#036200013960

Ragu Rich and Meaty – Mama's Meat Sauce, UPC# 036200013970

For further information call Gerri Young, DeCa public affairs officer, or Kay Blakley, consumer advocate at 489-7304 or via e-mail: [gerri.young@deca.mil](mailto:gerri.young@deca.mil), [kay.blakley@deca.mil](mailto:kay.blakley@deca.mil).



## Time for a clean sweep

The 509th Signal Battalion Headquarters and Headquarters Detachment commander pushes a broom during Spring Clean-up days Wednesday on Caserma Ederle.

"If my soldiers can do it, I can do it," She said. "Spring cleaning is beneath no one."



## Weight restriction for overseas retirees lifted for TRICARE mail order prescriptions

TRICARE Europe  
Press Release

As of May 21, the weight limit imposed on retiree mail received through U.S. military post offices in theater no longer applies to TMOP prescription drugs. The 16-ounce limit remains in place for other types of packages.

This exception allows retirees overseas to order and receive 90-day supplies of prescription drugs. Larger prescription orders are generally more economical and convenient for many TMOP customers.

Postal personnel have been instructed on the new rule. Packages of prescription drugs received from "Express Scripts, Inc.," the sole supplier of prescription drugs for the TMOP, will be forwarded to retiree APO addresses regardless of weight.

For additional information about this new policy, retirees may contact the 4th Platoon, 510th Postal Company at 634-8548 or 8727.

Beneficiaries may check the status of new or refill prescription orders anytime at [www.express-scripts.com](http://www.express-scripts.com).

TMOP deliveries for locations outside of the U.S. require about seven days to process, but may take longer for some overseas locations.

For more information about the TMOP program, beneficiaries may visit [www.tricare.osd.mil/pharmacy](http://www.tricare.osd.mil/pharmacy) or contact the TRICARE Service Center at the U.S. Army Hospital, Vicenza, at 634-7294.

# SETAF and 7th ARCOM dedicate reserve center



Members of the Southern European Task Force Augmentation Unit stand at parade rest in front of the image of Pfc. Sadao Munemori during the ceremony dedicating the 7th U.S. Army Reserve Center in Longare to the memory of Munemori. The color guard are members of the 100th Infantry Battalion and are wearing World War II-era uniforms. Munemori received the Medal of Honor for his heroic actions near Servazza, Italy, in World War II. He was a member of the 100th Inf Bn, 442d Regimental Combat Team. (Photo by Franco Bassani, visual information specialist, 7th Army Training Command, Training Support Center)

By Pfc. J. Tashun Joycé  
SETAF Augmentation Unit

The Southern European Task Force, its Army Reserve augmentation unit, and the 7th Army Reserve Command dedicated the reserve center in Longare Friday to a fallen Japanese-American "Nisei" veteran and Medal of Honor recipient.

The memorial reserve center was named for Pfc. Sadao "Spud" Munemori, whose heroism cost him his life in the mountains of Seravezza, Italy, during World War II. The reserve center is home to the SETAF Augmentation Unit and the 663d Movement Control Team.

"This culminates an effort by the Army Reserve in Italy, which has lasted a little over two years, to formally dedicate our properties," said Col. David S. Elmo, commander of the Aug unit and the deputy chief of staff for SETAF. "This is the first dedication of Army reserve property in Italy."

Munemori was assigned to the 100th Infantry Battalion, 442nd Regimental Combat Team, one of the most decorated units in U.S. military history.

The 100th Inf Bn was crucial in breaking the heavily fortified Gothic Line in the Po Valley Campaign during World War II.

During the battle on Georgia Hill, Munemori's unit, Company A, attacked the

Germans. Pfc. Munemori watched his squad leader fall, wounded by a German grenade. Munemori took control of the squad, leading them through the enemy's protective minefield to within 30 yards of the first machinegun nest.

The Germans then turned their machineguns on the advancing squad. Quickly the men, many of them replacements tasting combat for the first time, dove for the protection of the craters the earlier artillery barrage had created on the hilltop. Pressing their bodies firmly into the dirt, the continuous fire from two enemy gun emplacements had them pinned down and at the mercy of the enemy.

Checking his own supply of ordinance, Munemori grabbed grenades from a couple of his men, arming himself for a one-man assault. Moving to within 15 yards of the enemy, as lethal missiles of death rained around him, the 22-year old combat veteran threw his first grenade, then another, and another. In all, the brave Nisei managed to lob six grenades, destroying both enemy machinegun nests.

The immediate threat destroyed, the private first class began to work his way back to his squad of men huddled in their shell holes. Other machinegun nests opened fire as he moved back, and enemy soldiers began throwing grenades.

As Munemori reached his men he felt something hard slam into his helmet, then fall to the ground inside the shell hole where two of his soldiers waited. Without a second thought, the young Nisei dove on top of the grenade, covering it with his body as it detonated. Beside him, two soldiers survived because of the young hero's sacrifice.

Two of Munemori's nieces represented the family at the dedication ceremony, taking the place of their mother and Sadao Munemori's sister, who was scheduled to attend but recently passed away.

"The family is truly touched that Uncle Sadao was selected for this honor," said Janice Yokoyama Trubitt, a niece, who spoke at the ceremony. "He was devoted to his friends, family and country."

Soldiers of the SETAF Aug and the 663d MTC selected Munemori after researching more than 100 potential candidates. Munemori received the top honor after being chosen from ten finalists in December 2001.

There were certain factors that lead to the selection of Munemori, said Elmo. One of these factors was the geographic relevance Munemori has by serving in the Po Valley Campaign.

"There's a connection between the 100th Battalion and the Army Reserve today," said Elmo. "It is the only infantry battalion in the Army Reserve." Hawaii is the current home of the headquarters for the 100th Inf Bn.

The soldiers felt this Nisei soldier's story would stand as an inspiration to others while underscoring the bedrock of Army values.

"Anybody familiar with the Munemori story and what happened with the Nisei soldiers can understand why this story is compelling," said Elmo.

A large amount of assistance for the ceremony was provided by outside parties such as the 442d RCT's alumni group coordinated by former Hawaii state senator, Joseph Kuroda, the 9th Regional Support Command, and the color guard of the 100th Inf Bn who wore World War II-era uniforms.

"Pfc. Munemori made the ultimate sacrifice on behalf of his nation and his fellow soldiers," said Brig. Gen. David T. Zabecki, commander, 7th ARCOM. "His legacy is an inspiration to not only our citizen-soldiers here in Longare, but to every soldier throughout the 7th Army Reserve Command, SETAF, and U.S. Army Europe."

## American beach grand opening



The Livorno Installation Sergeant Major cuts the ribbon, officially opening the summer season at Camp Darby May 23rd. Traditionally, the American Beach in Tirrenia opens Memorial Day with a free barbeque offered to all those who work on the installation. (Photo by Chiara Mattiolo, Camp Darby public affairs)

## The Outlook

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# Diabetes is a life changing disease

*Health clinic provides support to those affected*

By **Spc. Adrian Schulte**  
*Outlook Staff*

Twelve years ago William Nupp, an information technology specialist in the Regional Contracting Office at Lerino, thought he had a bad case of the flu and went to see the doctor. Even though he was downing three to five liters of liquid a day and eating almost constantly, he was dehydrated and losing weight.

"It seemed like the best diet in the world," he joked. "My body started looking for energy and began eating the fat cells where energy is stored. Eventually, I wound up in the ICU."

Instead of the flu, Nupp was diagnosed with Type 2 diabetes. He was put on a strict regiment of diet, insulin and exercise and, after about two months, it was under control.

"At first I was devastated," Nupp remembered. "It seemed like when I had to deal with the shots and the whole thing, my life revolved around the disease. Until you get into a regiment of doing the right things – eating right, getting plenty of rest and exercise – it's difficult to deal with."

"There were a lot of things that had to change. My eating habits were very haphazard as far as what I ate and when I ate," Nupp said. "With diabetes I have to eat at certain times

or I run the risk of bottoming out – which is when your glucose levels get too low.

"Stress is also a big factor. Stress can cause your sugar levels to get really high, it's like adrenaline," he said. "It really changed how I look at everything."

Diabetes is responsible for more than 190,000 deaths per year and is a major cause of heart disease, stroke, blindness and kidney failure. Getting into and maintaining a regiment needed to control the affliction is a lifestyle change in itself.

Diabetes affects more than 17 million Americans, or 6.2 percent of the population, according to Linda George Wisnom, registered nurse at the U.S. Army Health Clinic. While an estimated 11.1 million people in America have been diagnosed with diabetes, millions more may be unaware they have the disease.

Diabetes affects individuals of all ages and social economic groups. African, Asian, Latin American and American Indian descent are particularly vulnerable, as are the elderly. Obesity and inactive lifestyles are key risk factors.

"Diabetes is a disease where the body does not produce, or properly use, insulin," said Wisnom. "Insulin is a hormone produced in the pancreas that is needed to convert

sugar, starches, and other food into energy needed for daily life. When the body doesn't have enough insulin, or cannot use this insulin properly, sugar builds up in the blood resulting in high blood sugar levels – or diabetes."

As there are approximately 60 people on Caserma Ederle who suffer from diabetes, the Health Clinic on post decided to start a support group. People newly diagnosed with diabetes as well as 'old-timers' of the disease attended the first support group meeting.

"When the diagnoses comes in, one of the first reactions is, 'who do I turn to?'" said Nupp. "Those folks newly-diagnosed had tons of questions for those of us who have been dealing with the disease for years. They were able to see that there are other folks around who have developed ways of living with diabetes."

"There are various mechanisms to help control it," Nupp said. "There's not one treatment that works for everyone. You have to figure out what works for you and what doesn't."

If you or a family member has diabetes and want to know more about this disease, or join the diabetic support group sponsored by the Health Clinic, call Linda George Wisnom, at 634-6617.

## The facts on Diabetes

The cause of diabetes continues to be a mystery, although both genetics and environmental factors, such as obesity and lack of exercise, appear to play a role.

Signs and symptoms of diabetes may include:

- ◆ Always feeling tired.
- ◆ Increase thirst.
- ◆ Hunger.
- ◆ Frequent urination, especially at night.
- ◆ Losing weight without trying.
- ◆ Very dry skin.
- ◆ Wounds that are slow to heal.
- ◆ Numbness and tingling in feet.
- ◆ Blurred vision from time to time.

There are three types of diabetes;

◆ Type 1- Pancreas makes little or no insulin, usually affects people under 20.

◆ Type 2 - Pancreas makes insulin, but the amount is insufficient to keep blood sugar within normal range. Approximately 90-95 percent of Americans with diabetes have Type 2 diabetes.

◆ Gestational diabetes- Affects about four percent of all pregnant women, or about 135,000 cases per year.

The treatment for diabetes may include controlling diet, oral medications, or insulin injections.

To live a long and healthy life with diabetes, the goals for diabetic management include:

- ◆ Diet - Control with caloric restriction of carbohydrates and saturated fats.
- ◆ Monitoring
  - Self-monitoring of daily blood sugars
  - Daily foot care
  - Yearly eye exams
  - Blood pressure checks
  - Hemoglobin A1c. This is a blood study that indicates how blood sugar levels are being controlled over time
  - Cholesterol levels twice a year
- ◆ Exercise - Regularly scheduled exercises helps with weight control and increases the action of insulin and improved cardiovascular (heart) fitness.
- ◆ Medications - May include oral medications or injections of insulin to maintain the desired sugar levels

*-Compiled by Linda George Wisnom, RN*

## Give yourself a Head Start to enjoy Italy

Story and photo  
By **Diana Bahr**  
*Outlook Editor*

If you've ever done a tour in Germany, you're familiar with the Head Start program. The classes are designed to give you a brief overview of the country, the language and the culture. The same program is held in Italy and has recently undergone a few changes.

"The classes used to be all day long for one week," said Maria Grinnell, a Head Start instructor at the Army Education Center. "But it was mentally exhausting for the students to spend six hours learning a new language and culture. So the decision was made to shorten the classroom time but increase the

number of days the class is taught."

The new Head Start schedule runs Monday through Friday, and then Monday and Tuesday of the following week. With the exception of Thursday, classes are held from 7:50 a.m. to noon.

Spouses, military and civilian alike, are especially encouraged to attend Head Start classes. You don't have to attend with your spouse, and it doesn't have to be shortly after you arrive. You can sign up for Head Start at any time during your tour in Italy. Simply show up to Room 109 in the Education Center, located in Bldg. L985, and ask for the Head Start class, according to Mark Michanowicz, a Head Start instructor who has lived in Italy most of his life.

"The goal of Head Start is to give the student a brief glimpse into the language and culture of Italy," said Michanowicz. "Italy is a beautiful country and there's much to see and do. Being able to negotiate the bus and train system and knowing a bit of the language makes it easier to get around."

"This is my first overseas assignment," said Sgt. Michael Banville, 173d Airborne Brigade, who's been in the military for four years and arrived in Vicenza a few weeks ago. "I figured that, since I'll be living in Italy for two to three years, I should try to learn some of the language so I can take advantage of what there is to do."

Banville and the other members of his Head Start class were struggling on different skill levels with the nuances of ordering lunch in Italian.

On Thursday, the class bought *biglietti* and took the orange city bus to downtown Vicenza. From there they took a tour of the downtown area to include the famous Teatro



**Maria Grinnell (right), a Head Start instructor at the Education Center, guides students through the intricacies of the Italian language.**

Olimpico. Guided by Grinnell, they had lunch at a restaurant where they applied what they've learned in class.

"I had lots of fun," said Pfc. Kenesha Brown, who is assigned to the 510th Personnel Services Battalion. Brown has been in the military six months and has never been overseas.

"We ate at a trattoria and I ordered something I can't pronounce," she said with a laugh. "We went to the shops and, since it was market day, we wandered around looking at all the stuff for sale. I saw a lingerie set for sale and managed to speak with the salesperson about it. But they

didn't have it in my size."

Spc. Jonathan Clark, a biomedical equipment repairman with the 501st Forward Support Company, met up with some Italians after the class was over and ventured out to buy gelato.

"Head Start is great," Clark said. "When I got here I thought that I'd be living here for three years and leave only knowing four or five words in Italian."

"I'm seriously impressed by our teacher, Maria," said Clark. She makes sure that you understand what she's saying and applies it to everyday life. I like knowing that I can venture out on my own and not worry about getting back home."



## Watch out Bob Vila

# Post workers help maintain our 'Caserma, sweet Caserma'

**Story and photos**  
**By Laura Kreider**  
*Outlook Staff*

Driving around Caserma Ederle you can't help but notice the construction projects related to new buildings and other post improvements.

Other works may be less visible – but are just as important. They are associated with ordinary and extraordinary maintenance, and work orders fill up the desks of two organizations on post.

The two agencies that mainly deal with maintenance are the Directorate of Public Works and the Installation Material Maintenance Activity.

On a daily basis, the 60-plus DPW Italian employees are responsible for satisfying many customers by taking care of numerous maintenance requests that involve woodwork, carpentry and electrical repair.

An annual report categorizes all the accomplished tasks, the total of each type of repairs and shows a percentage of the requests.

Giampaolo Rizzo, chief of Operation and Maintenance Division at DPW since 1972, explained which requests were the most popular in each category covered by several shops during these past months.

"So far this year, the most required work orders were for wooden carpentry to repair doors. We had 191 requests. Under the heading of electrical maintenance, we replaced 2,540 fluorescent tubes," said Rizzo. In

2002, a total of 4,599 fluorescent tubes were replaced.

He also added that post plumbers fixed 220 water line leaks and 68 radiators; while carpenters installed about 235 ceiling tiles, and mechanics repaired 434 air conditioners.

According to Rizzo, these daily operations represent only 30 percent of all the work done by DPW.

"In addition to the regular work orders, we perform all the scheduled maintenance that customers don't see, but which is necessary to keep the Caserma

electricians; checking and cleaning out the rain gutters of each building several times a year done by carpenters. As homeowners know, keeping gutters running free of obstructions helps keep leaves and debris from clogging the gutters and possibly damaging the roofs or walls.

Not to be left out, the IMMA consists of approximately 40 workers, including mechanics and a wood carpenter. You could call them Caserma Ederle's version of "This Old House" workers. It's their responsibility to take care of all the maintenance and repair related to items that are 'transportable,' according to Nevio Toich, a supervisor of Italian employees, who has been with IMMA for 19 years.

This means that they usually work on projects requiring renovation, such as offices, by replacing carpets, wooden floors or curtains.

Just like civilian contractors, before starting any job, IMMA employees go to the office, take measurements and then prepare estimates to see if the cost is appropriate for the customer.

Other IMMA repair shops provide welding, tactical and non-tactical vehicle bodywork, and repairing canvas covers. They fulfill a very high percentage of their customers' requirements – about 90 percent – Toich explained.

"There are hundreds of things to do and maintenance jobs to take care of, but I like it," Toich said. "I could not have a daily routine type of job."

"After dealing with different situations for many years," he said. "There is a mutual understanding and a teamwork between the IMMA staff that has a positive effect and helps to keep everything moving efficiently."



**Above:** The wood carpenter at IMMA since 1995, uses the circular saw to manufacture a frame.

**At right:** A DPW electrician performs preventative maintenance on a barrack's transformer.

**Top left:** A DPW structural and finishing work leader replaces a ceiling tile that was damaged by heating system leaks. He has been working on post for 21 years.

**Bottom left:** A DPW worker shortens a piece of pipe to fix a water leak. He has been with DPW for 26 years.





# Out&About

By Dorothy Spagnuolo

## Medieval fests

The town of Este, province of Padova, will hold their annual medieval event this weekend with the following events:

Saturday: 8 p.m. - Flag throwers in Piazza Maggiore, followed by a parade of medieval costumes through the town streets.

Sunday: Starting at 9:30 a.m. different medieval events will be held in the castle, including a crossbow competition, tourneys between knights, and a ceremony for the knights who have won the competitions that took place during the day.

Also find a medieval market with the tradespersons dressed in period costumes and food stands.

At 11:30 p.m. there will be an attack on the castle and the lighting of one of the towers.

Entrance to the castle is free. Este is located 43 km from Vicenza.

Noale: Mark your calendar for this upcoming medieval event held June 13-15.

The city of Noale, with its medieval fortress still intact, once housed the noble family, the Tempestas. The city will go back to the year 1000 with a traditional Palio race and related festivities. While the arts and lifestyle of the medieval era are brought to life throughout the city, representatives of Noale's six districts will compete in the race.

Of notable interest is the historical processions held June 14 and 15 with more than nine hundred figures.

June 14 at 6 p.m.: Medieval market and inspection of the military encampment; 6:30 p.m. historical parade.

June 15 at 10 a.m.: Medieval market and inspection of the military encampment; 5 p.m. historical parade; 7:30 p.m. Palio race.

Find directions and full details in English on this and other events from [www.proloconoale.it](http://www.proloconoale.it).

## Run with the bulls

The famous Running of the Bulls in Pamplona, Spain, will be held July 6-14.

The race of 825 meters is run along certain stretches of the streets and contains six untamed bulls and two herds of tame bulls.

Start time is 8 a.m. every morning, although runners must be at the start line at 7:30 a.m.

The run, depending on events, lasts four minutes on average. Even though statistics show that between 1924 and 2002, 14 people have died and more than 200 have been injured by the bulls, thousands of people participate in this event every year.

Details on the race, and the dangers, are at [www.pamplona.net](http://www.pamplona.net).

## Art

Brescia: Pop art fans can enjoy

an Andy Warhol exhibition held in Palazzo Martinengo.

The exhibition has artwork create by Warhol in the 60's and the early 80's including the famous "Campbell's Soup," (1969), "Ladies and Gentlemen," (1975) to Marilyn Monroe, James Dean and Mickey Mouse.

Open daily from 9:30 a.m.-7:30 p.m. until June 29. Entrance fee: 7,00 euro.

Venice: In the Diocesano Museum of Sacred Art find paintings by Robert Firestone. Entitled "Adventure of Images" it is open from 11 a.m.-7 p.m. closed on Mondays until Nov. 2. Entrance is free. Find the museum by catching the #1 or 52 water bus and disembark at S. Zaccaria.

## Classical music

Classical concerts are held in the Teatro Olimpico dedicated to the late Russian musician, Prokof'ev, entitled "Prokof'ev, il suo mondo, le sue radici" or, Prokof'ev, his world, his roots."

The following concerts will be held:

June 7: music by Wolfgang A. Mozart, Arvo Part and Benjamin Britten;

June 10: Sergej Prokof'ev, Carlo Boccadoro and Dmitri Sostakovic;

June 12: Domenico Cimarosa and Sergej Prokof'ev

All performances start at 8 p.m. Tickets available from the

Botteghino at the Teatro Olimpico Tuesday through Sunday from 11 a.m.-1:30 p.m. and 2-4:30 p.m. Performances are 10-15,00 euro each.

## Antique market

In the squares of Piazza Castello, Piazza dei Signori and Piazza Biade in Vicenza the monthly antique market will take place Sunday.

This month also find stalls in Campo Marzio, which is opposite the train station. Open sunup to sundown.

## Unusual museums

There are a few unusual museums in Italy to name a few:

The Pipe Museum, located in Gavirate, Varese, houses about 30,000 pipes from all over the world. The museum also has a collection of posters, photos, postcards, books and magazines about pipes. Open upon request from April to October by calling 0332 - 743334.

The Umbrella and Parasol Museum in Gignese, Verbania, is thought to be the only museum in the world dedicated to these objects. There are more than a thousand various accessories from the 18th century. Open Tuesday to Sunday 10 a.m.-noon and 3-6 p.m. Web site: [www.gignese.it/museo](http://www.gignese.it/museo) (in Italian).

The Paper and Watermark Museum in Fabriano, Ancona is located in a former Dominican Monastery. It illustrates the history

# Now Showing

## Ederle Theater

June 4	Old School R	7 p.m.
June 5	Dare Devil PG13	7 p.m.
June 6	Willard PG13	7 p.m.
June 7	Anger Management PG13	7 p.m.
June 8	Anger Management PG13	7 p.m.

## Camp Darby Theater

June 6	What a Girl Wants PG13	7 p.m.
June 7	Bringing Down the House PG13	7 p.m.

Admission: adults age 12 and over \$3.50/\$3; children \$1.75/\$1.50

Advance ticket sales available Fridays at the Ederle Theatre box office at 5-6 p.m. At Camp Darby the box office opens at 6:30 p.m.

of the first paper mill in Medieval Europe and collects paper samples, punches, tools and presses. Also on display is equipment for pulp-making. The museum includes two interesting collections: the Zonghi collection of 13th to 16th century watermarks and the collection of 13th to 16th century Fabriano paper trademarks.

Open Tuesday to Saturday 10 a.m.-noon and 4-7 p.m. Web site: [www.museodellacarta.com](http://www.museodellacarta.com).

## Movie studios theme park

Movie fans, young and old are in for a treat at the newly opened "Movie Studios" theme park located in Lazise, Lago di Garda. Visit the Horror House, the Rambo Action Show, Blues Brothers 2000, the

Stuntman Academy, Mr. Movie and more. Open daily from 9:30 a.m.-6:30 p.m. until Sept. 28.

Cost: Adults (over 140 cm) 15,00 euro; under 140 cm: 12,00 euro; under 100 cm: free.

Full information on [www.moviestudios.it](http://www.moviestudios.it).

## Jazz concerts

Two jazz concerts are scheduled in Verona, the first is the Chick Corea Elektric Band playing in Piazza dei Signori July 2 at 9 p.m., tickets cost 35,00 or 25,00 euro.

Diana Krall performs in the Arena on July 14 at 9 p.m. Tickets cost 67,00; 50,00 and 28,00 euro.

Tickets are available from Saxophone music store, located on Viale Roma, Vicenza, or BoxOffice Verona located on Via Pallone.

# Keep your cool in the post pool this summer

Story and photo by Diana Bahr  
Outlook Editor

The heat is on but the pool is cool! The pool at the Fitness Center is open Monday-Friday from noon - 7 p.m. and weekends from 10 a.m. - 7 p.m. The post pool is closed the first Tuesday of every month for maintenance and training.

The pool at the Ederle Inn is currently open weekends only from 10 a.m. - 7 p.m.

Swim lessons are available for both adults and children. Call the Fitness Center at 634-7616 or the post pool at 634-8642 for details.

## Pool fees are as follows:

### Daily fees

Adults 16 and older are \$2; Children ages 6-16 are \$1.50; children ages 5 and under are free.

### 30-Day Passes

Pass type	Rank: E1-5	Rank: E6-9
	Pay grades: NF 1/GS 1-2	Pay grades: N2/GS 3-4
		WG 1-3
Individual	\$10	\$17
Family 1-3	\$20	\$27
Family 4+	\$25	\$32
	Rank O1-3	Rank O4 + above
	Pay grades: NF3/ GS 5-10	Pay grades: NF4/GS 11 + above
		WG4 + above
Individual	\$22	\$30
Family 1-3	\$32	\$32
Family 4+	\$37	\$45

### Point Passes

10-point pass \$12  
20-point pass \$22



Family members take a dip in the post pool on Caserma Ederle.



# The city of the Estensi

Story and photos  
By Laura Kreider  
Outlook Staff

It may be considered a one-day trip, unless tourists decide to visit the several museums, the castle, and the Renaissance palaces that make this, one of the cities of art in Italy.

The name is *Ferrara*, and it lies north of Bologna on the corner of the triangle formed by the Po River Delta.

If Florence is associated with the *Medici* Family, and Mantova with the Dynasty of *Gonzaga*, Ferrara owes its fame to the Renaissance Age and the *Este* Family who ruled the city since 1264 when *Obizzo d'Este* was acclaimed Lord of the *Signoria*.

Throughout a few centuries, the Estes marked the city with some important moves such as establishment of a university seat in 1391, the support of an important fine school of art in the 15th century, and the planning

focused on enlarging the city that actually more than doubled its size, in approximately 1490.

This latter project especially affected the city so significantly that, four centuries later, it received the appellation of 'First modern city in Europe' by the Swiss historian Jacob Burckhardt who studied the Italian Renaissance

in depth. The accomplishment of this project – which made the concept of an 'ideal city' real – was started by *Biagio Rossetti* under the influence of *Ercole I d'Este* in the late 1400s. By the name of the Duke, it was called Herculean Addition.

In 1995, Ferrara joined the United Nations Educational Scientific and Cultural Organization World Heritage List as a city which influenced the 'modern town planning and its subsequent development.'

Some of the recommended sites downtown are the *Castello Estense*, the ducal residence with its drawbridges started in 1385, and the Romanesque-style Cathedral, which dates from 1135. This religious building is characterized

by its tripartite mullioned façade where the eyes move from the small arched galleries that cover the front, to rose windows, until they stop on the central figure of the Madonna and child sculpted by Cristoforo da

Firenze in 1427. Over the balcony stands a decorated tympanum with a representation of the Last Judgment.

Tourists may also explore some rich palaces that enhance the streets crowded with hundreds of bicycles. One of these, is *Palazzo Schifanoia*, literally meaning avoid boredom, started in 1385. Its fame

is related to a cycle of frescoes that decorate the *Salone dei Mesi*, or Hall of the Months, where the local master painters of the 1400s painting such as *Cosme' Tura*, composed a masterpiece on the walls that are divided horizontally into three segments.

One of the most renowned sections is the 'Allegory of April' by *Francesco Cossa* on the east wall where, in the upper part, Venus is surrounded by other mythological figures.

Another worthwhile visit is to *Palazzo dei Diamanti* started in 1490 (see the box below).

The palace is in the center of the Herculean Addition at the intersection of the two main roads named *Corso Ercole I d'Este* and *Corso Biagio Rossetti*.

Not to forget, the 9 kilometers of red brick city walls that enclose the city and date back to the 15th and 16th century.

**Right: View of the facade of the Cathedral dedicated to Saint George, patron of the city. The church was consecrated in 1135, but it took other three centuries to be completed. Below: The *Castello Estense* begun in 1385.**



**Above: A girl stands near a lion statue in the main square.**



**Below: A tourist captures the image of the Cathedral's portal. Far below: One of the hundreds of bicycle riders downtown stops near the City Hall Staircase of Honour, by the architect *Pietro Benvenuti* in 1481. It is located across from the Cathedral.**



## PALAZZO DEI DIAMANTI



**EXHIBIT SCHEDULE :** Open daily from 9 a.m. - 7 p.m. Entry to the exhibition 'Shakespeare nell'arte' is • 7.30 and reduced • 6,20. For info check [www.ferrarainfo.com](http://www.ferrarainfo.com).

The *Palazzo dei Diamanti*, or Palace of Diamonds, takes its name from the more than 8,500 ashlar of pink marble that cover the two facades facing the main streets. The palace, planned by *Biagio Rossetti* in 1493 by order of *Sigismondo d'Este*, belonged to the Este Family until 1598 when they departed the city. It now houses the *Pinacoteca Nazionale*, National Picture Gallery, and at the ground floor, temporary exhibits take place. Until June 15, it houses 'Shakespeare in Art' with some works by painters of the 18th and 19th century who were inspired by Shakespeare's genius. About 80 pieces are on view in 12 rooms. Some works focus on the change of theatrical painting during both centuries and some portraits show famous actors who interpreted the world famous tragedies and comedies.